

SENIOR SPARKS

VOLUME 39 ISSUE 9 MANSFIELD SENIOR CENTER ASSOCIATION

SEPTEMBER 2013

303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH !!

THE MANSFIELD SENIOR CENTER WILL CELEBRATE
TUESDAY, SEPTEMBER 3RD THRU FRIDAY, SEPTEMBER 6TH



PLEASE DRESS ACCORDING TO EACH DAY'S THEME:

TUESDAY SEPTEMBER 3RD: HAWAIIAN DAY

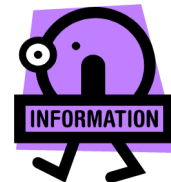
WEDNESDAY, SEPTEMBER 4TH: FUNNY HAT DAY



"SHOW & TELL" AT COMPUTER LAB:
DROP IN & LEARN WHAT WE HAVE TO OFFER
FROM 10:00 TO NOON



HEALTH & SERVICES EXPO AT 2:30

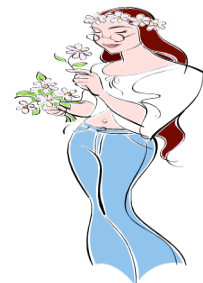


THURSDAY, SEPTEMBER 5TH:
PIRATE DAY

FRIDAY, SEPTEMBER 6TH: HIPPIE DAY



SMARTPHONE TRAINING CLASS AT 10:00



MUSICIAN BRUCE JOHN WILL PERFORM AT 1:00



ICE CREAM SOCIAL AT 2:00



**SENIOR SPARKS IS A PUBLICATION OF
THE MANSFIELD SENIOR CENTER ASSOCIATION
(860) 429-0262 EXT 5**

SPARKS EDITOR: CYNARA STITES

SUGGESTIONS & SUBMISSIONS TO THE SPARKS CAN BE PUT IN THE SPARKS MAILBOX ABOVE THE COPY MACHINE IN THE SENIOR CENTER OR SENT TO: CYNARASTITES@GMAIL.COM BY THE **15TH DAY OF THE MONTH** FOR THE NEXT MONTH'S ISSUE.

SPARKS COMMITTEE CHAIR: RITA BRASWELL

SPARKS MANAGER: KATHY RULE

SPARKS FINANCES: HOWARD RAPHAELSON

SPARKS COPYING: RITA BRASWELL, HOWARD RAPHAELSON,
DICK SALLEE & LIDA BILOKUR

ASSEMBLING THE SPARKS MAILING: JUNE CURTIS, LIDA BILOKUR
& VOLUNTEERS

MAILING THE SPARKS: HOWARD RAPHAELSON, RITA BRASWELL
& DICK SALLEE

**THANKS TO THE VOLUNTEERS WHO ASSEMBLED
THE AUGUST SPARKS' MAILING:**

**JOHN ADAMCIK, JIM CAMPETELLE, JUNE CURTIS, BERYL GRIFFIN,
SAM GORDON, ALICE JANSEN, GERALDINE JONES,
SUE J. KWASTEL, KAREN PETERS**

MANSFIELD SENIOR CENTER ASSOCIATION EXECUTIVE BOARD

PRESIDENT: ESTELLE ELLIOTT

VICE-PRESIDENT: JEAN ANN KENNY

SECRETARY: BEV GOTCH

FINANCE OFFICER: DON STITTS

TREASURER: MIKE BESCHLER

ASSISTANT TRESURER: KATHY RULE

WAYS & MEANS: ALMA MALDONADO-CORDNER & TONI DRESCHER

PROGRAM PLANNING: JOAN TERRY & MARIE HAKMILLER

COMPUTERS: MIKE PALMER & DON STITTS

TRAVEL: KAY WARREN



**MANSFIELD SENIOR &
WELLNESS CENTER**

303 MAPLE ROAD
STORRS MANSFIELD, CT 06268
(860) 429-0262 EXT 1

HOURS: MON - FRI 8:30 A.M. - 4:30 P.M.
SENIORCENTER@MANSFIELDCT.ORG
WWW.MANSFIELDCT.ORG

SENIOR CENTER COORDINATOR:
CINDY DANTON EXT 9
DANTONCH@MANSFIELDCT.ORG

ADULT SERVICE SOCIAL WORKER:
KATHY ANN EASLEY EXT 1

TRANSPORTATION MANAGER:
GIANNA STEBBINS EXT 2

ADMINISTRATIVE ASSISTANT:
LINDA WOHHLEBE, EXT 3

WELLNESS CENTER APPOINTMENTS:
KATHY YAFFEE EXT 4

MUNICIPAL AGENT FOR THE ELDERLY:
KATHY ANN EASLEY, MSW EXT 1

MSCA MEETING DATES

MEMBERSHIP MTG:	WED, SEPT 11 AT 12:45
EXECUTIVE BOARD:	WED, SEPT 11 AT 10:30
WAYS & MEANS:	TUES, SEPT 10 AT 11:00
PROGRAM PLANNING:	NO MEETING IN SEPT
COMPUTER:	TUES, SEPT 3 AT 2:30

CHANGES TO THE SPARKS !

**THE MANSFIELD SENIOR CENTER ASSOCIATION
HAS ASSUMED RESPONSIBILITY FOR PUBLISHING
THE SPARKS.**

**SENIOR CENTER STAFF WILL CONTINUE TO
MAINTAIN THE MONTHLY CALENDAR AND
PROVIDE IT TO THE SPARKS.**

**WE WELCOME YOUR COMMENTS, SUGGESTIONS,
CORRECTIONS, REQUESTS & SUBMISSIONS.**

CYNARA STITES

SPREAD THE WORD & SAVE THE DATE !**SATURDAY, OCTOBER 5TH
ANNUAL CRAFT & COLLECTIBLES FAIR**

THE CRAFT & COLLECTIBLES SHOW & THE TWO SENIOR BAZAARS ARE FUNDRAISERS THAT PROVIDE THE PRIMARY REVENUE SOURCES FOR THE MANSFIELD SENIOR CENTER ASSOCIATION.

ISN'T IT TIME TO GET RID OF GOOD STUFF YOU NO LONGER USE OR NO LONGER HAVE ROOM FOR?

**DONATE YOUR GENTLY USED ITEMS TO THE
DECEMBER 6TH SENIOR BAZAAR.
(NO CLOTHING, SHOES OR HANDBAGS, PLEASE)**



**PLEASE DROP OFF YOUR BAZAAR CONTRIBUTIONS
AT THE SENIOR CENTER ON TUESDAYS.**

**CRAFT VENDORS WANTED
FOR OCTOBER 5TH
CRAFT & COLLECTIBLES FAIR**

CRAFTERS OF ALL FORMS OF ARTS AND CRAFTS ARE WANTED, INCLUDING JEWELRY, POTTERY, PAINTING, PHOTOGRAPHY, CARDS, LITHOGRAPHS, CANDLES, SOAPS, SCARVES, WOVEN & KNITTED ITEMS, ETC. \$20 A TABLE

CALL: ALMA MALDONADO-CORDNER
AT 860 456-2678

**MSCA QUARTERLY
MEMBERSHIP MEETING
WEDNESDAY, SEPTEMBER 11
AT 12:45 P.M.**

**ALL MSCA MEMBERS ARE INVITED
TO ATTEND TO LEARN WHAT THE
MSCA EXECUTIVE BOARD IS DOING,
TO ASK QUESTIONS & TO GIVE INPUT.**

MSCA PRESIDENT'S COLUMN

AS THE YEAR PROGRESSES, SO DO TIME AND EVENTS HERE AT THE MSCA. WE NOW HAVE A FULL COMPLEMENT OF EXECUTIVE BOARD MEMBERS. MANY OF YOU MAY KNOW MARIE HACKMILLER AND JOAN TERRY, WHO ARE THE NEW CO-CHAIRS OF THE PROGRAM PLANNING COMMITTEE. THEY HAVE A VERY ENTHUSIASTIC GROUP OF, I BELIEVE, SIX MEMBERS HELPING OUT.

THE NEXT MSCA EXECUTIVE BOARD MEETING WILL BE WEDNESDAY, SEPTEMBER 11TH AT 10:30 AM. THE EXECUTIVE BOARD IS ELECTED TO REPRESENT ALL MSCA MEMBERS, AND ANYONE CAN ATTEND AN EXECUTIVE BOARD MEETING TO LEARN FIRSTHAND WHAT IS GOING ON AND TO SPEAK AT THE PUBLIC COMMENT PERIOD, IF YOU WISH. MINUTES OF MSCA EXECUTIVE BOARD MEETINGS ARE POSTED ON THE MSCA BULLETIN BOARD. I WILL TRY TO KEEP YOU INFORMED OF INTERESTING TOPICS THAT ARE DISCUSSED AT THE MEETINGS.

I WISH TO THANK CINDY DANTON, THE MANSFIELD SENIOR & WELLNESS CENTER COORDINATOR, FOR THE GREAT THURSDAY EVENINGS EVENTS SHE COORDINATED WITH THE TOWN OF MANSFIELD THIS SUMMER. SINCE THEY WERE NOT WELL ATTENDED, I BELIEVE WE WILL NOT HAVE SUCH PROGRAMS NEXT SUMMER.

ESTELLE ELLIOTT

**WELCOME TO THE MANSFIELD
SENIOR CENTER ASSOCIATION'S
NEWEST MEMBERS**

**DORIS COTTRELL
CAROL HIGGINS
DIANNE SPRAGUE
LAURA M. SPRAGUE
ROBERT WYSS
ZEMEI YE
WANLI ZHANG**

IN MEMORY OF

JANET AITKEN

INGE PELTIER

HELEN KINSMAN



JANET ATKINS
REPORTS THAT SHE IS
VERY MUCH AMONG
THE LIVING
EVEN THOUGH SHE
WAS MISTAKENLY
LISTED AS DECEASED
IN THE AUGUST
SPARKS.



EXERCISE CLASSES

**ALL EXERCISE CLASSES ARE FREE
SEPTEMBER 3 TO 6**

***PAY SENIOR CENTER BILL AT END OF EACH MONTH
FOR CLASSES YOU ATTENDED:***

\$5 PER CLASS FOR MANSFIELD RESIDENTS

\$6 FOR NON-RESIDENTS

POWER OF AGING

(FORMERLY "THERAPEUTIC EXERCISE")

WEIGHT-BEARING EXERCISE PROGRAM DESIGNED TO IMPROVE MUSCLE POWER, STRENGTH, BALANCE & ENDURANCE. CLASS BEGINS WITH A WARM-UP, VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT & ACTIVITY OF DAILY LIVING SKILLS. HAND-HELD WEIGHTS, ELASTIC TUBING & A BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS USED FOR THE FIRST HALF OF THE CLASS FOR SEATING AND/OR STANDING SUPPORT. WE STAND TO WORK ON LEGS, BALANCE, & CORE STRENGTH. OPTIONAL MAT WORK IS PERFORMED. TUESDAYS & THURSDAYS, 12:30-1:30 P.M

STRENGTH & STABILITY

GROUP EXERCISE CLASS TO HELP OLDER ADULTS MAINTAIN THEIR CARDIOVASCULAR HEALTH, STRENGTH, BALANCE AND FLEXIBILITY. A VARIETY OF EXERCISES TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT, COORDINATION, BALANCE, FLEXIBILITY ACTIVITIES FOR DAILY LIVING. STRETCH AT END OF CLASS TO STAY LIMBER, OFFSET AGE-RELATED STIFFNESS, AND OPTIMIZE FUNCTIONAL MOVEMENT. TUESDAYS & THURSDAYS 8:30-9:30 A.M.

PAY THE INSTRUCTOR DIRECTLY

(NEW!) ZUMBA GOLD TONING

COMBINES THE ZUMBA GOLD® PROGRAM WITH STRENGTH TRAINING TECHNIQUES OF THE ZUMBA® TONING PROGRAM. EASY-TO-FOLLOW, HEALTH-BOOSTING DANCE-FITNESS PROGRAM FOR ACTIVE OLDER ADULTS OR BEGINNERS WHO WANT TO INTEGRATE THE ADDED BENEFITS OF STRENGTH TRAINING WITH THE EXHILARATING EXPERIENCE OF THE ZUMBA® FITNESS-PARTY. THROUGH MODIFIED DYNAMIC LIGHTWEIGHT RESISTANCE TRAINING, PARTICIPANTS CAN HELP PREVENT AGE-RELATED BONE LOSS, INCREASE MUSCLE STRENGTH & DEFINITION, DECREASE BODY FAT & IMPROVE MOBILITY, POSTURE, COORDINATION, BALANCE & COGNITION. PARTICIPANTS CAN STAND OR SIT IN CHAIRS FOR THIS CLASS. FRIDAYS, 10:30 -11:30 A.M.
COST IS \$20 PER MONTH OR \$6 PER DROP-IN CLASS PAYABLE DIRECTLY TO PATTY FLUBACHER.

***PRE-REGISTRATION & PRE-PAYMENT REQUIRED :
COST PER CLASS: \$5 FOR MANSFIELD RESIDENTS
\$6 FOR NON-RESIDENTS***

(NEW!) MOVEMENT WITH MEANING

FOCUSING ON THE IMPORTANCE OF MAINTAINING YOUR ABILITY TO GET THROUGH YOUR DAILY ACTIVITIES, THIS CLASS IS DESIGNED TO MAKE PARTICIPANTS FUNCTIONALLY STRONGER, ACHIEVE BETTER BALANCE, & IMPROVE ENDURANCE WHILE MEETING NEW PEOPLE & SUPPORTING EACH OTHER. WEDNESDAYS 11:00 - NOON

(NEW!) PILATES

THIS CORE STRENGTHENING CLASS IS DESIGNED TO IMPROVE FLEXIBILITY, COORDINATION, & POSTURE AS WELL AS BODY ALIGNMENT & BREATHING. CENTER YOUR ENERGY, REMOVE STRESS & REVITALIZE YOUR MIND IN THIS CLASS. YOUR STRENGTH, BALANCE, FLEXIBILITY & CONCENTRATION ARE DEVELOPED THROUGH SIMPLE EXERCISES BUILT AROUND THE CORE OF YOUR BODY. STABILITY BALLS AND EXERCISE BANDS ARE SOMETIMES USED. TUESDAYS 11:00 - NOON

(NEW!) GENTLE YOGA

CLASS FOCUSES ON A GENTLE, MODIFIED APPROACH TO YOGA MOVES & PRINCIPLES. CLASS EMPHASIZES CHAIR & STANDING MOVEMENTS AS THE BASIS FOR THE CLASS. STUDENTS WORK AT THEIR OWN LEVELS. TUESDAYS 3:15 - 4:15 P.M.



YOGA WITH SHARON

CLASS IS FOR THE TRUE BEGINNER & THOSE REQUIRING A VERY BASIC CLASS. CLASS WILL EMPHASIZE BREATH WORK, PROPER BODY ALIGNMENT & THE PROCESS OF IMPROVING HEALTH THROUGH THE PRACTICE OF YOGA.

SENIOR AEROBICS

A HIGH ENERGY CLASS FOCUSING ON A COMPLETE CARDIO WORKOUT. WARM UP & COOL DOWN SEGMENTS BOOKEND THE WORKOUT. CLASS IS DONE STANDING WITH SOME MAT WORK INCORPORATED IN THE PROGRAM. MONDAYS & THURSDAYS, 3:15 TO 4:15



WELLNESS PROGRAMS & SUPPORT GROUPS

Please call Kathy Yaffee at 860-429-0262, ext. 4, Monday through Thursday, 10:00 AM to 2:00 PM, to schedule appointments with the providers listed below, unless otherwise noted.

ADULT HEALTH SCREENINGS by VNA East Nurse Mary Hess. Blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Wednesday, September 25 at **8:30 - 11:00**. (Time change for Sept. only.) Checks payable to VNA East.

FREE BLOOD PRESSURE CHECKS on the first Wednesday of the month, September 4, 11:30 AM to noon, sponsored by the Herrmann Blood Pressure Clinic.

CAREGIVERS SUPPORT GROUP with Beth Hankins, LCSW, meets the third Thursday of each month - September 19 - at 6:30 PM.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, September 3rd starting at 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

LOW VISION GROUP meets on the second Monday of each month - September 9 - at 11:00 AM.

M.S. SUPPORT GROUP meets the second Tuesday of each month - September 10 - in the Craft Room at 7:00 p.m.. For more information, please contact Joan at 860-429-7271 or Jennifer at 860-450-0530.

MINI-SPA on Monday, September 9 from 9:00 a.m to 12:15 p.m.. \$10 haircuts by Michelle & \$10 manicures or pedicures by Hope.



ELDERCARE LAW: Attorney Gates from Connecticut Legal Services provides free legal consultations to people 60 years or older on the fourth Monday of each month - September 23rd -

REIKI

WITH BETTE GIORDANO

FIRST THURSDAY OF THE MONTH - SEPT 5 AT 9:00

ONE-HOUR SESSIONS

CALL KATHY YAFFEE AT 860 429-0262 EXT 4

TO SCHEDULE YOUR APPOINTMENT.

COST: \$30 PER HOUR PAYABLE TO BETTE GIORDANO

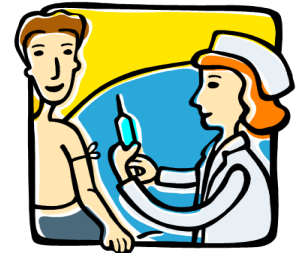
GENEALOGY GROUP

TUESDAY, SEPTEMBER 10 AT 10:00

ALL ARE WELCOME TO JOIN OUR DISCUSSION GROUP REGARDLESS OF YOUR LEVEL OF EXPERTISE. WE MAY BE ABLE TO GIVE YOU SOME HELP FOR RESEARCHING YOUR FAMILY GENEALOGY.

**SAVE THE DATE !
FLU SHOTS
BY THE VNA EAST**

**THURSDAY,
OCTOBER 3RD
1:00 - 3:00 P.M.**

**TAP DANCING CLASSES**

PRE-REGISTRATION & PRE-PAYMENT REQUIRED

SPARKETTES CLASS: CLASS WITH MIA JOHN FOR TAP DANCERS WITH PREVIOUS EXPERIENCE WHO ARE INTERESTED IN PERFORMING AT VARIOUS LOCAL SETTINGS. CLASS WILL FOCUS ON FOOTWORK, PRECISION, SPEED & PERFORMANCE SKILLS. STUDENTS WILL WORK MORE INTRICATE STEPS & PATTERNS WHILE LEARNING TO REMEMBER & PERFORM CHOREOGRAPHY. **NEW DATE & TIME!** MONDAYS 10:15 TO 11:45 A.M. COST FOR FOUR 1.5 HOUR CLASSES : \$30 FOR MANSFIELD RESIDENTS & \$36 FOR NON-RESIDENTS

(NEW!) FUNDAMENTALS OF TAP DANCE CLASS: CLASS FOR BEGINNERS OR THOSE WHO NEED A REFRESHER FROM PREVIOUS LESSONS. CLASS WILL WORK ON STEPS, FOOTWORK, & PERFORMANCE SKILLS. WEDNESDAYS 1:00 - 2:00 P.M. COST FOR FOUR CLASSES: \$20 FOR MANSFIELD RESIDENTS \$24 FOR NON-RESIDENTS



SPARKETTES REHEARSALS (WITHOUT MIA)
NEW DATE & TIME !
THURSDAYS 10:15—11:15 A.M.

SOCIAL WORKERS

MANSFIELD HUMAN SERVICES HAS TWO SOCIAL WORKERS AT THE SENIOR & WELLNESS CENTER TO ASSIST MANSFIELD RESIDENTS THROUGH A VARIETY OF SERVICES.

KATHY ANN EASLEY, MSW IS AVAILABLE MONDAY THRU FRIDAY, 8:30 A.M. TO 4:30 P.M.

BETH HANKINS, LCSW IS AVAILABLE TUESDAYS & THURSDAYS, 8:30 A.M. TO 4:30 P.M.

**CALL 860 429-0262 EXT 1
TO CONTACT A SOCIAL WORKER.**

**BEING A CAREGIVER
(Caregiver's 101 Course)**

This three-part course will cover caregiver basics: identify caregivers, warning signs of caregiver stress, & available supports in the community.

**Tuesdays, September 17, October 29 and
November 12 , 10:00 - 11:00 a.m.**

**Sign up in advance by calling
860 429-0262 ext 0**

NEED TRANSPORTATION?

FREE TRANSPORTATION FOR MANSFIELD RESIDENTS ONLY IS AVAILABLE FOR MEDICAL OR WELLNESS APPOINTMENTS (INCLUDING HAIRCUTS & MASSAGES). MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD. 14 DAYS ADVANCE NOTICE IS REQUIRED FOR RIDES TO APPOINTMENTS AS FAR AWAY AS GLASTONBURY, FARMINGTON, MANCHESTER AND NEWINGTON. CALL GIANNA STEBBINS, VOLUNTEER TRANSPORTATION MANAGER, AT 860 429-0262 EXT 2.

TRANSPORTATION IS AVAILABLE ON DIAL-A-RIDE ROUTES TO BIG Y AND THE MANSFIELD SENIOR CENTER. COST IS \$1.50 EACH WAY FOR PEOPLE UNDER 60 AND IS FREE FOR SENIORS OVER AGE 60 OR WITH MEDICARE CARDS. CALL DIAL-A-RIDE AT 860 456-1462

**MANSFIELD COMMISSION ON AGING
MEETS ON MONDAY, SEPTEMBER 9**

**9:30 - 11:30 A.M.
JUNIPER HILL VILLAGE LIBRARY**

**SENIOR HOBBY DISPLAY CASE
CURRENT DISPLAY IS**

“ARTWORK CREATIONS” by CHRISTINE BONACUM

*SHARE YOUR TALENT! PLEASE LET LINDA KNOW IF YOU HAVE
ITEMS YOU WOULD LIKE TO DISPLAY. 860 429-0262 EXT 3*

Conversations with Betty

**Thursdays, September 12th & 26th
2:00-3:30 PM**

Everyone is welcome for this friendly, lively discussion.
Please call Betty at 860-429-6324
if you have any questions.

SAVE THE DATE !

A.A.R.P. DRIVER SAFETY COURSE
taught by Lynne White, District Coordinator,



**Tuesday, November 12th,
9:00 AM to 1:00 PM**

A.A.R.P. Members - \$12
(please bring your card)
non-Members - \$14
payable to instructor at first class

SIGN UP EARLY by calling Senior Center
at 860 429-0262 ext 4 because
class is limited to 25 people.

BLUEBERRY STUDY

**BLUEBERRIES MUST BE
ORDERED BY NOON ON
TUESDAY, SEPTEMBER 10TH**



NO EXCEPTIONS !!

**BLUEBERRY PICK-UP WILL BE
AT 11:00 A.M. ON FRIDAY, SEPTEMBER 20TH
IN SENIOR CENTER'S PARKING LOT**

BLUEBERRIES ARE AVAILABLE TO STUDY PARTICIPANTS ONLY.
HOWEVER, YOU MAY BECOME A NEW PARTICIPANT IN THE STUDY
BY LEAVING A MESSAGE FOR HOWARD RAPHAELSON
AT 860-429-0262 X1.

**MANSFIELD SENIOR CENTER ASSOCIATION
NEEDS VOLUNTEERS TO HELP AT THE
FESTIVAL ON THE GREEN
ON SEPTEMBER 22, NOON TO 4:00**

- * STAFF THE MSCA BOOTH
- * DEMONSTRATE SENIOR CENTER ACTIVITIES SUCH AS KNITTING, JEWELRY MAKING, ZUMBA GOLD, SCRABBLE, QUILTING, PAINTING, SENIOR CHORUS, SPARKETTES, ETC.
- * MAKE A BANNER OR SIGN FOR THE BOOTH
- * PARTICIPATE IN THE PARADE

CONTACT ALMA MALDONADO-CORDNER
AT 860 456-2678.

***DON'T MISS THE SENIOR CENTER'S
VAUDEVILLE SHOW***

**FEATURING YOUR FELLOW SENIORS
& EMCEE JUNE CURTIS**

**WEDNESDAY, SEPTEMBER 18
AT 12:45**

***DO YOU WANT TO
PLAY BRIDGE?***



PLEASE CALL EILEEN KOPEC
AT 860 423-4890 TO JOIN
THE DOZEN OR SO BRIDGE
PLAYERS EVERY THURSDAY
FROM 1:00 TO 4:00. NO PARTNER IS NEEDED
& BEGINNERS ARE WELCOME.

**DUPLICATE BRIDGE TOURNAMENTS
ARE HELD ON THE 3RD AND 5TH FRIDAYS OF
THE MONTH FROM 1:00 TO 4:00.
PLEASE CALL GEORGE WALLER IN ADVANCE
AT 860 429-3272 WITH YOUR NAME & YOUR
BRIDGE PARTNER'S NAME. IF YOU HAVE NO
PARTNER, GEORGE WILL TRY TO PAIR YOU UP.**

JULY DUPLICATE BRIDGE SCORES

NORTH/SOUTH

- #1 JERRY SHAFFER & SAM WHEELER 69.5
- #2 PAULA TATE & MARY SHINOSKI 62
- #3 MARY BROWN & BILL WICKLESS 52.6

EAST/WEST

- #1 LAVIDA MEAD & GEORGE WALLER 60.5
- #2 NAPPY GAUTHIER & HELEN GAUTHIER 53.5
- #3 MARION BUTEAU & KATHY WATSON TIE 51
- #4 BARBARA LADD & VERA CHRISTENSEN TIE 51

MANSFIELD SENIOR CHORUS

**IF YOU LIKE TO SING, COME JOIN US ! YOU DON'T HAVE TO BE A "SENIOR."
WE MEET EVERY MONDAY FROM 1:30 TO 3:00 STARTING SEPTEMBER 9.**

**WE PERFORM AT LOCAL NURSING HOMES,
REHABILITATION FACILITIES, AND SENIOR HOUSING.**



**FOR MORE INFORMATION,
CALL ELLIE LAMB AT
860 423-3465.**

QUILTING WITH PAT FERGUSON

**THURSDAYS SEPTEMBER 5, 12, 26, & OCTOBER 3, 10, 17, & 24
(7 CLASSES) OR
WEDNESDAYS SEPTEMBER 4, OCTOBER 2 & 16,
NOVEMBER 6 & 20 (5 CLASSES)**

**CLASSES WILL FEATURE "PROJECTS OF YOUR CHOICE"
WITH PAT THERE AS YOUR "QUILTING COACH"
TO ENCOURAGE AND MOTIVATE YOU**

**MINI QUILTING RETREAT WITH PAT
MONDAY, SEPTEMBER 23 10:00—4:30**

**QUILT ALL DAY ON YOUR OWN PROJECTS
WITH PAT AS YOUR "QUILTING COACH"**

QUESTIONS?

CALL PAT AT 860 429-6999 OR E-MAIL PAT@PATFERGUSONQUILTS.COM



SENIOR CENTER OUTINGS IN OUR NEW VAN !

**WESTFARMS MALL & TRADER JOE'S TUESDAY, SEPTEMBER 10
CONNECTICUT DAY AT THE BIG E IN SPRINGFIELD, MASS**

**WEDNESDAY, SEPTEMBER 18
LUNCH AT THE UNCOMMON TABLE (WINDHAM TECH CULINARY DEPT.)
TUESDAY, SEPTEMBER 24**

BIG Y RUN: FIRST WEDNESDAY OF THE MONTH.

PICK-UPS AT JENSEN'S, GLEN RIDGE, WRIGHTS WAY, & JUNIPER HILL

CALL 860 429-0262 EXT 0 FOR TIMES & TO REGISTER IN ADVANCE.

**ASHFORD'S 300TH ANNIVERSARY COMMITTEE INVITES YOU TO
A BENEFIT MUSICAL REVUE,
FROM BROADWAY TO HOLLYWOOD
ON SEPTEMBER 7 AT 7:30 P.M. AT ASHFORD SCHOOL (ROUTE 89).**

THE SPARKETTES WILL PERFORM TWO DANCE NUMBERS.

\$12 TICKETS FOR SENIORS RESERVATIONS: CALL 860 429-6397.

DO YOU WANT TO PLAY SCRABBLE?

**WE PLAY FRIENDLY & FUN SCRABBLE GAMES ON TUESDAYS & FRIDAYS FROM
10:00 TO NOON. WE ALLOW "DO-OVERS," LOOKING WORDS UP, HELPING EACH
OTHER & CONVERSATION DURING GAMES. BEGINNERS ARE WELCOME.**

SAVE THE DATE !**VETERANS DAY
CELEBRATION****FRIDAY, NOVEMBER 8****SEPTEMBER BIRTHDAYS**

BIRTHSTONE: SAPPHIRE FOR WISDOM & CALMNESS
FLOWER: MORNING GLORY/ASTER
FOR DAINTINESS, LOVE & MAGIC

**MEAL PROGRAM**

The TVCCA meal program is subsidized through the Older Americans Act and available to seniors 60 years or older at a suggested donation of **\$3.00**. **Individuals younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now \$9.78.** Reservations must be made 24 hours in advance by 10:00 AM. Guests and new members will need to complete a registration form at the time of their reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

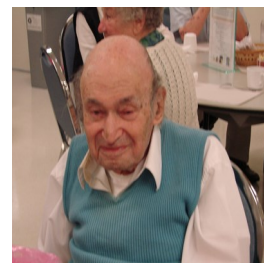
September Menu:

Tues, Sept 3: salisbury steak
 Wed, Sept 4: baked cod
 Thurs, Sept 5: lazy man's lasagna
 Fri, Sept 5: chicken cacciatore
 Mon, Sept 9: stuffed shells w/marinara
 Tues, Sept 10: chicken veracruz,

Ethnic Celebration

Wed, Sept 11: cheeseburg noodle casserole
 Thurs, Sept 12: mustard & orange glazed ham
 Fri, Sept 13: western omelet,
 Mon, Sept 16: meatloaf w/gravy
 Tues, Sept 17: all beef hot dog w/bun
 Wed, Sept 18: braised pork loin
 Thurs, Sept 19: cod Florentine
 Fri, Sept 20: cheese manicotti
 Mon, Sept 23: chicken parmesan
 Tues, Sept 24: eggplant rolette
 Wed, Sept 25: western omelet
 Thurs, Sept 26: sloppy joes w/bun
 Fri, Sept 27: crispy fish patty
 Mon, Sept 30: Swedish meatballs

- | | |
|---|--|
| <ol style="list-style-type: none"> 1 ELEANOR ELTON, HELEN ROSS, JOHN WALSH 2 RHONDA BURR, ETHEL COMISKEY 3 DELIA AGUILAR, CARMEN COSTAS, COLLEEN MOLTON 4 HELEN BREEN, FRANCES NICHOLS, STEPHEN ORRELL, SHIRLEY PLESZ, EILEEN SHOYER, YEN TU, 5 CAROL BRICKER, RENEE LIESE, PATRICIA GIMMARTINO 6 DONALD CORRIVEAU, JEAN GOSSELIN, NANCY HOPKINS, ROBERT JACKSON, ABRAHAM LANDERMAN, COMPTON REES, 7 GRACE CLAWSON, JANE HUGHES, MILDRED JONES, MARGARET PRYOR, JOANNE SIBICKY, JOAN WALKER, BIAGO RUSSO 8 MARY DEAN LINDSAY, TOBIAS SCHWARTZ, GERMAINE STAPLES, 9 EARL DAGGETT, JR., SUSAN KIM, SABINA GOULDSBROUGH, DORIS JONES 10 YADOLLAH GHIAEI, WILLIARD WATROUS 11 RHODA DYJAK, DOROTHY HAGENOW, 12 EMANEUL HIRAKIS, ALINE KOCH 13 LENA BARRY, ANNA OLSON, 14 BARBA GOODWILLIE, ANNE MCCAUGHEY, ZONG-YI XIA, GREGORY FRANTZ, 15 WALTRAUD BOCKHOLDT, JEANINE SWATICK, ELEANOR MANTON | <ol style="list-style-type: none"> 16 FRANCES CICHOWSKI, CAROL PHILLIPS, CATHEREN WHITE, 17 ELIZABETH GREEN 18 JULIA KULIIS, CONSTANCE MISALE, ANN MARIE SCHLAEFER, JEANNETTE WILLIAMS 19 EMILY MATTINGLY, JOAN SIDNEY 20 VIRGINIA ROGER BLACK, SUZANNE DOWLING, CAROLYN MULL, 21 JOYCE COLLINS, JACQUELINE GERMAIN, DERRITH OWEN, EDMOND TOMASTIK, 22 KARL BECKERT, JOYCE COLLINS, GEORGE BINAU-HANSEN, JOSEPHINE MARROTTE 23 MERRILL BISHOP, PEGGY MINKER, MARSHA JANDREWSKI, ALAN SWANSON 24 ELIAHOU DABORA, BETTY HEAL, FRANCINE HODOVAN, RUTH PFEIFER 25 VICKY COYNE, JEAN HAINES, JACK ROACH, MARIE ROULIER, 26 JANE ANN BOBBITT, PAULINE KRAMER, DIANA WETHERELL, 27 ROBERT POWERS 28 ROGER WINKEL 29 GLORIA GERALD, ANGELA HENCE, ALMA MALDONADO-CORDNER, CATHERINA MELEHY, MADELINE NASANSKY 30 CHRISTOPHER CLARK, FRAN LEFFLER, BETTY WEXLER, |
|---|--|



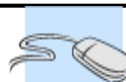
**HAPPY BIRTHDAY TO OUR AUGUST PARTICIPANTS
 MARY FAY, ELLIOTT WOLK & ESTELLE ELLIOTT**



**AUTUMN BEGANS ON
 SEPTEMBER 22**

**LEFTOVER PAINT?**

THE TOWN OF MANSFIELD NOW ACCEPTS LEFTOVER PAINT AT THE TRANSFER STATION. THIS INCLUDES INTERIOR & EXTERIOR LATEX, WATER-BASED, ALKYD, OIL-BASED & ENAMEL PAINTS, UNDERCOATERS, STAINS, SHELLACS, LACQUERS, VARNISHES & URETHANES, WATERPROOFING CONCRETE/MASONRY/WOOD SEALERS (NOT TAR OR BITUMEN-BASED), METAL COATINGS, RUST PREVENTATIVES, FIELD & LAWN PAINTS, & DRIED OUT LATEX PAINT. PLEASE KEEP PRODUCTS IN THE ORIGINAL CONTAINERS WITH THE ORIGINAL LABELS.

**MANSFIELD SENIOR CENTER ASSOCIATION
COMPUTER LEARNING CENTER**

INTRO TO THE COMPUTER BY DAN GEBBEN

FOR BEGINNERS OR THOSE WANTING MORE KNOWLEDGEABLE USE OF A COMPUTER. BASICS OF KEYBOARD & MOUSE CONTROL. LEARN STORAGE SYSTEM, FOLDER CREATION, WORD PROCESSING, INTERNET, & E-MAIL & OTHER FORMS OF ON-LINE PERSONAL COMMUNICATION. PERSONALIZE THE COMPUTER & PROTECT IT FROM INTERNET BAD STUFF. CLASS UTILISES WINDOWS 7. CLASS ENDS WITH AN EXERCISE IN TURNING THE COMPUTER INTO A MASTER MUSICAL MACHINE FOR YOUR ENJOYMENT. CLASS LIMIT IS 7 STUDENTS. SIGN UP AT FRONT DESK. 10:00 TO NOON

\$10 FEE FOR 5 CLASSES

SEPTEMBER 17, 19, 24, 26 & OCTOBER 1

OR OCTOBER 8, 10, 15, 17, & 22

**FREE HELP FOR PC USERS
WITH DAN GEBBEN
EVERY MONDAY 10:00 TO 11:00**

**FREE "PHOTO CLUB"
WITH DAN GEBBEN
AN ONGOING CLUB OPEN TO ALL
1ST & 3RD FRIDAY OF THE
MONTH
10:00 TO NOON**

**FREE HELP FOR MAC USERS
BY APPOINTMENT
LEAVE MESSAGE FOR
MIKE PALMER
AT 860 429-0262 EXT 7**

**COMPUTER CLASSES IN
OCTOBER**

**INTRO TO FACEBOOK
OCT 3, 10:00 - NOON
FREE**

**E-MAIL
OCT 16, 10:00 - NOON
FREE**

**THE DIGITAL CAMERA
OCT 23 & 25, 10:00 - NOON
\$10**

**ME & MY IPAD
OCT 30, 10:00 TO NOON
FREE**

**TRIPS SPONSORED BY THE
MANSFIELD SENIOR CENTER ASSOCIATION
TRAVEL COMMITTEE**

COMPLETE INFORMATION ON TRIPS & SIGN-UP SHEETS
ARE AVAILABLE AT FRONT DESK

FOR RESERVATIONS, CALL 860 429-0262 EXT 6
OR CALL KAY WARREN AT 860 487-3744

**VERMONT FALL FOLIAGE &
KRINGLE CANDLE COMPANY**

TUESDAY, OCTOBER 8

KRINGLE CANDLE CO., LUNCH AT PUTNEY INN
& HONORA WINERY TOUR & TASTING

\$81 PER PERSON

**CLAMS & CASINO
CAPN' JACKS & MOHEGAN SUN**

THURSDAY, NOVEMBER 14

LOBSTER LUNCHEON @ CAPN' JACKS

CASINO BONUS TO USE AT MOHEGAN SUN CASINO
\$74 PER PERSON

COLONIAL CHRISTMAS

TUESDAY, DECEMBER 10

1716 CONCORD'S COLONIAL INN —
TOUR, HISTORY & LUNCH
COLONIAL CANDLES

\$81 PER PERSON


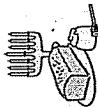
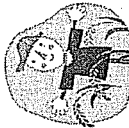
**CLIR
THE CENTER FOR
LEARNING IN RETIREMENT**


CLIR STRIVES TO PROVIDE MEANINGFUL INTELLECTUAL ACTIVITIES FOR ADULTS FROM ALL WALKS OF LIFE, CONDUCTED IN AN INFORMAL ATMOSPHERE. THERE ARE NO ACADEMIC REQUIREMENTS OR AGE LIMITATIONS. CLASSES ARE TAUGHT BY LOCAL COMMUNITY MEMBERS, MANY OF WHOM ARE FACULTY, STAFF OR RETIREES FROM UCONN.

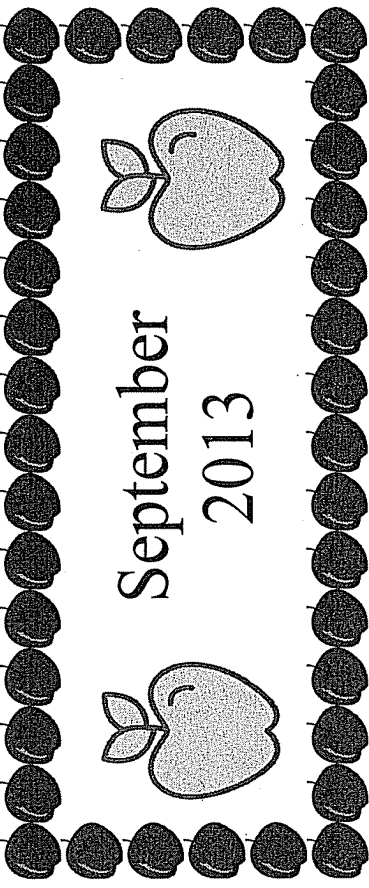
CLASSES ARE HELD IN VERNON COTTAGE ON WITRYOL PLACE ON UCONN'S DEPOT CAMPUS.

THERE IS A MEMBER'S FEE OF \$25 FOR THE ACADEMIC YEAR PLUS A \$12 FEE TO ENROLL IN ANY NUMBER OF CLASSES. FOR MORE INFORMATION, PICK UP A CLIR BROCHURE AT THE SENIOR CENTER, CONTACT MARILYN AT 1-860-570-9012 OR E-MAIL MARILYN.DIAZ@UCONN.EDU.

CLIR CLASSES STARTING IN SEPTEMBER
MEMOIR CLUB; UCONN'S PROGRAM IN SOUTH AFRICA;
RUSSIAN SHORT STORIES; SHE SAID, HE SAID;
MARITIME PIRACY; A WITNESS IN THE WEST BANK;
RE-THINKING THE ASHCAN CIRCLE: MODERNITY &
AMERICAN ART; POLAND - MORE THAN PIEROGIS &
POLKAS; ROAD SCHOLARS: AN IMPROVED PROGRAM FOR
TRAVEL; THE ROLE OF GOVERNMENT IN THE UNITED
STATES IN THE 21ST CENTURY; HOW TO CONDUCT
OURSELVES IN POLITICAL & SOCIAL DISCOURSE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
2. Labor Day  Center Closed	3. Hawaiian Day 8:30-Strength & Stability 9:00-Dr. Walter, Podiatrist 10:00-Scrabble 10:00-Wii Bowl 11:00-Pilates 12:00-Lunch 12:30-Power of Aging 1:00-Bingo 2:30-Computer Meeting 3:15-Gentle Yoga <i>(Most classes free this week!)</i>	4. Funny Hat Day 10:00-Writing Group 10:00-Show & Tell (Computer) 11:00-Movement w/Meaning 11:30-Herrmann Blood Pressure Clinic 12:00-Causeries en Français 12:00-Birthday Lunch 12:30-Van Run to Big Y 1:00-Fundamentals of Tap 2:30-MS Health & Services Expo 6:30-9:00-Quilting w/Pat Rosh Hashanah begins @ Sundown	5. Pirate Day 8:30-Strength & Stability 9:00-Yoga w/Sharon 9:00-Reiki w/Bette 10:00-Wii Bowl 10:00-Quilting w/Pat 10:15-Sparkettes Practice 11:00-Conversation w/Betty 11:30-Foodshare 12:00-Lunch 12:30-Power of Aging 1:00-Bridge / Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics Rosh Hashanah	6. Hippie Day 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Smart Phones - Hosted by Verizon 10:30-Zumba Gold Toning 12:00-Lunch 1:00-Art Studio 1:00-Bruce John, Entertainment 2:00-Ice Cream Social	7. Saturday 9/11 Memorial Travel Trip ~~~~~ 8. Sunday
9. 9:00-Mini Spa 9:30-Comm. on Aging 10:00-Art Studio 10:00-Computer Help 10:15-11:45-Sparkettes 12:00-Lunch 1:00-Mahjongg 1:30-Chorus 3:15-Senior Aerobics	10. 8:30-Strength & Stability 9:30-3:15-Van Trip to Trader Joe's & Mall 10:00-Scrabble / Wii Bowl 10:00-Genealogy 11:00-Ways & Means 11:00-Pilates 12:00-Lunch 12:30-Power of Aging 1:00-Bingo 3:15-Gentle Yoga 7:00-MS Support Group	11. 10:00-Writing Group 10:30-Executive Board Mtg. 11:00-Movement w/Meaning 12:00-Causeries en Français 12:00-Lunch 12:45-Association Meeting 1:00-Fundamentals of Tap 2:00-Non-Fiction Bk Clb 6:30-9:00-TNT Quilters	12. 8:30-Strength & Stability 9:00-Yoga w/Sharon 10:00-Wii Bowl 10:00-Quilting w/Pat 10:15-Sparkettes Practice 12:00-Lunch 12:30-Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics	13. 10:00-Scrabble 10:00-Knitting & Crocheting 10:30-Zumba Gold Toning 12:00-Lunch 1:00-Art Studio Yom Kippur begins @ Sundown	14. Saturday  Yom Kippur ~~~~~ 15. Sunday
16. 10:00-Art Studio 10:00-Computer Help 10:15-Sparkettes 11:00-Low Vision 12:00-Lunch 1:00-Mahjongg 1:30-Chorus 3:15-Senior Aerobics	17. 8:30-Strength & Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Intro. to Computers 10:00-Caregivers 101, #1 11:00-Pilates 12:00-Lunch 12:30-Power of Aging 1:00-Bingo 3:15-Gentle Yoga	18. 9:00-3:30-Van Trip to Big E 10:00-Writing Group 11:00-Movement w/Meaning 12:00-Causeries en Français 12:00-Lunch 12:45-Vaudeville Show 1:00-Fundamentals of Tap 2:00-Red Hatters 6:00-Altrusa	19. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Wii Bowl 10:00-Intro. to Computers 10:15-Sparkettes Practice 11:30-Foodshare 12:00-Lunch 12:30-Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics 6:30-Caregiver's Spt. Grp.	20. 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo Club 10:30-Zumba Gold Toning 11:00-Blueberry Pickup 12:00-Lunch 1:00-Art Studio 1:00-Duplicate Bridge	21. Saturday ~~~~~ 22. Sunday  First Day of Autumn One week Smokey Mountains Travel Trip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
23. 10:00-Art Studio 10:00-Computer Help 10:00-4:30-Quilting Retreat w/Pat 10:15-Sparkettes 12:00-Lunch 1:00-Mahjongg 1:00-Atty. Gates 1:30-Chorus 3:15-Senior Aerobics	24. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Intro. to Computers 11:00-Pilates 12:00-Lunch 12:30-Power of Aging 1:00-Bingo 3:15-Gentle Yoga	25. 8:30-11:00-VNA East 10:00-Writing Group 11:00-Movement w/ Meaning 12:00-Causeries en Français 12:00-Lunch 1:00-Fundamentals of Tap 2:00-Non-Fiction Bk. Club 6:30-9:00-TNT Quilters	26. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Intro. to Computers 10:15-Sparkettes Practice 12:00-Lunch 12:30-Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics	27. 10:00-Scrabble 10:00-Knitting/Crocheting 10:30-Zumba Gold Toning 12:00-Lunch 1:00-Art Studio *Last day to register for October classes	28. Saturday ~~~~~ 29. Sunday



September 2013

30.

10:00-Art Studio
 10:00-Computer Help
 10:15-Sparkettes
 12:00-Lunch
 1:00-Mahjongg
 1:30-Chorus
 3:15-Senior Aerobics

"Try to remember the kind of September
 When life was slow and oh so mellow
 Try to remember the kind of September
 When grass was green and grain so yellow
 Try to remember the kind of September
 When you were a young and a callow fellow
 Try to remember and if you remember
 Then follow--follow, oh-oh."

~ Try to Remember,
 Lyrics by Tom Jones and Harvey Schmidt

Save the Dates!!!!

Coming Events at the Mansfield Senior Center:

Thursday, October 3, 1:00 to 3:30 PM: VNA East Flu Clinic

Saturday, October 5, 9:00 AM to 2:00 PM: MSCA Crafts & Collectables Fair

Wednesday, October 23, 1:00-4:00 PM: UConn's National Primary Care Week (NPCW) 2013 Health Fair

Friday, November 8: Veterans' Day Celebration (Community Center)

Tuesday, November 12, 9:00 AM to 1:00 PM: A.A.R.P. Driver Safety Course

Saturday, December 7: MCSA Holiday Bazaar

Holiday Closings: Monday, October 14; Monday, November 11th; Thursday & Friday, November 28th & 29th

SENIOR SPARKS

Mansfield Senior Center
303 Maple Road
Storrs Mansfield
Connecticut 06268



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WHEREABOUTS,
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FOR WATCHING OUT FOR
WALDO'S WANDERINGS
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